



Vocational Guidance, Tips and Techniques

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What is Vocational Guidance and Counseling?

- Providing guidance and support to individuals in assisting them to choose an employment outcome that is consistent with their unique strengths, resources, priorities, concerns, abilities, capabilities, interests and informed choice.



How do young people learn about careers?

- Family Members
- Religious community
- Friends
- Television
- Community Members
- Occupational Assessments and Inventories

How do I pick a career?

Learn about MYSELF first

- ☐ What are my interests?
- ☐ What is my learning style?
- ☐ What do I do best?
- ☐ What is important to me?
- ☐ Do I work well with people, data, things?
- ☐ Where do I want to live?
- ☐ How does my personality affect my choices?
- ☐ How does my disability affect my choice?

Student Activity

30 Second or One Minute Commercial

What is it?

How do I learn about careers?

- Talk to people
- Informational Interviews
- Job Shadowing
- Field Trips for Career Observation
- Labor Market Surveys
- Internet Searches
- Occupational Videos on line
- Field Trips to Post Secondary Education/Training
- Incidental Learning

Student Project

- Complete an Interest Inventory
- Select an Occupation
- Research Information on Occupation
- Do two Informational Interviews
- Do a Labor Market Survey
- Do a Job Shadow
- Create a presentation for class

Family Project

- Interview family members or family friends about their occupation.
- Utilize the questions from the Informational Interview. Expand on questions.
- Record the information—could be a video, tape recorder or a narrative book.
- Presentation to your family on the project.

Disability Related Needs

- How do I manage my disability related needs?
- Will I need Reasonable Accommodations?
- Self Advocacy
- Disclosure

Family and School Activities

- Build resume with each school year
- Create a portfolio
- Save employment ads of interesting jobs
- Develop reference lists
- Develop volunteer and club activities
- Get involved

Discussion

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